



# Quick Results Training

Ross & Jayne Quick are the Co-Founders of Quick Results Training (QRT).

Ross is accredited in Mental Health First Aid and has lived experience with mental illness. He is a qualified Personal Trainer of 15 + years and holds a Bachelor of Health & Physical Education, specialising in Exercise Science, a Diploma of Sport Development and Certificate 3 & 4 in Fitness.

Jayne is also accredited in Mental Health First Aid and is a certified Meditation Teacher. She is passionate about mindfulness, fitness, neuroscience, nutrition and achieving personal goals.

Ross' personal struggle with mental illness and Jayne's holistic and supportive approach to his recovery, have been the foundation of QRT. Now they are assisting others on their journey.

The Quicks facilitate both online/ face-to-face presentations & workshops for businesses and organisations. They can be booked for 30 minute presentations to full day workshops and 6 week wellness programs.

QRT offers live exercise workouts which are held numerous times a week online and every Saturday at Burleigh Heads on the Gold Coast. These sessions are for all ages and abilities and no equipment is required. The live classes are finished with a mindfulness component.

Subscribers to their website have access to online fitness programs & pre-recorded workouts, qualified yoga instructor videos, healthy nutritious recipes and guided mindfulness meditations.

## Meet the Quicks

### Contact us

**Email:** [info@quickresultstraining.com](mailto:info@quickresultstraining.com)

**Social Media:** [@quickresultstraining](https://www.instagram.com/quickresultstraining)